

30 Things to Teach Your Baby Before They Turn 1

By Dr.Spouse

Before we dive in — follow [@dr.spouse](#) for more research-backed baby tips and milestone guides.

Your baby's brain is growing faster in the first year than at any other time in life. These aren't "must-do's" — they're gentle invitations to connect, bond, and support healthy development through love and play.

Language & Bonding

1. Respond to their name
 2. Babble back and forth
 3. Play peekaboo
 4. Mimic sounds
 5. Point at objects
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Brain Builders

6. Track moving toys
 7. Look for hidden objects
 8. Explore cause & effect
 9. Reach and grasp
 10. Turn pages in a board book
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Motor Skills

11. Hold toys in both hands
 12. Roll over both ways
 13. Sit unassisted
 14. Pull to stand
 15. Cruise along furniture
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Social & Emotional

16. Smile at familiar faces
17. Laugh during play
18. Reach for comfort
19. Calm with your voice
20. Show excitement

🧠 Early Life Skills

- 21. Hold their bottle or spoon
- 22. Finger-feed soft foods
- 23. Play for short moments alone
- 24. Imitate clapping or waving
- 25. Explore new textures

✨ Everyday Milestones

- 26. Watch you do daily routines
- 27. React to music or rhythm
- 28. Recognize familiar people in photos
- 29. Practice tummy time happily
- 30. Enjoy being read to

Remember:

There's no perfect pace — just progress wrapped in love. 💛

Every baby develops on their own timeline. This guide is here to support connection, not comparison.

Follow [@dr.spouse](#) for more baby milestone guides, development tips, and real-life parenting support.